

# September 2022

**Office Hours**  
**Mon-Thurs 9am-4pm**  
**Fridays 10am-2pm**

Sun.

Monday

Tuesday

Wednesday

Thurs.

Fri.

Sat.

See back for prices and more detail. Call with any questions.

\*Rentals not added to calendar



**1pm  
Meet &  
Greet**

1

2

3



**1PM  
OPTH**  
  
**5PM  
Dinner  
Church**

4

**HUB  
CLOSED  
-Labor Day-**

5

**10AM Live Music & Dancing**  
**12PM Salad Bar**  
**1PM Mahjong**  
**7PM NA Meeting**

6

**8-30AM Zumba Gold**  
**10-30 AM Tai Chi**  
**2-30pm Ping Pong**  
**1PM- Engaging Aging**

7

**10-30AM  
Paper Crafts**  
  
**2PM Ningxia  
Red class**  
  
**6PM NMCV**

8

**NO  
Coffee  
Social**  
  
**HUB BOARD  
TRAINING  
RETREAT**

9

**HUB BOARD  
TRAINING  
RETREAT**

10

**5PM  
Dinner  
Church**

11

**9-30AM-4pm Foot Care**  
**10AM Live Music & Dancing**  
**10am- Certified notary**  
**12PM Salad Bar**  
**1PM Memoirs**  
**3-30PM The Practice**

12

**10AM Live Music & Dancing**  
**12PM Salad Bar**  
**1PM Mahjong**  
**7PM NA Meeting**

13

**8-30AM Zumba Gold**  
**10-30 AM Tai Chi**  
**1PM- Engaging Aging**  
**2-30pm Ping Pong**  
**Purse & Shoe Sale  
at The HUB Shop!**

14

**10-30Am  
Card Making**  
Purse & Shoe  
Sale at The HUB  
Shop!  
  
**7PM  
American  
Legion Post  
200**

15

**HIPPIE THEME**  
  
**6-30PM  
Family  
Bingo**  
Purse & Shoe  
Sale at The  
HUB Shop!

16

**Purse &  
Shoe Sale  
at The  
HUB Shop!**

17



**5PM  
Dinner  
Church**

18

**10AM Live Music & Dancing**  
**12PM Salad Bar**  
**1PM Memoirs**  
**3-30PM The Practice**

19

**10AM Live Music & Dancing**  
**12PM Salad Bar**  
**1PM Mahjong**  
**7PM NA Meeting**

20

**8-30AM Zumba Gold**  
**10-30 AM Tai Chi**  
**2PM P.A.C.K.**  
**2-30pm Ping Pong**

21

**10-30AM  
Paper Crafts**  
  
**1st day  
of Autumn**

22

**10am  
Coffee  
Social**

23

**9-12PM  
Wellness  
Fair**

24

**5PM  
Dinner  
Church**

25

**10AM Live Music & Dancing**  
**10am- Certified notary**  
**12PM Salad Bar**  
**1PM Memoirs**

26

**10AM Live Music & Dancing**  
**12PM Salad Bar**  
**1PM Mahjong**  
**7PM NA Meeting**

27

**-No Classes-**  
**Chamber Luncheon**

28

**2PM  
Gut Health**

29

Mailing  
Address:  
P.O. Box 2697  
Belfair, WA  
98528

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### American Legion Post 200

3rd Thursdays at 7PM

Meets on the 3rd Thursday of each month at the HUB at 7 pm. Some do come in at 6pm for social time prior if you'd like to come down early. They provide Veteran service officer support, family assistance, and involvement in local patriotic and community events. Every local Veteran is welcome to join us. Contact info: Post Commander Roy Harrington, 206-817-8815, rcfh55@yahoo.com

### Card Making

Sept. 15th at 10:30AM

Cost: \$1 for members, \$3 for non-members. All supplies included! Come down and make some fun cards! There will be someone on site to show you how to make different patterns and designs. Can make them your own way or learn a different way to make them.

### Certified Mobile Notary

2nd & 4th Mondays 10-12:30pm

In our lobby! \$10 per signature. Need to have ID Present

### Coffee Social

2nd & 4th Fridays

Cost: \$1 for members, \$3 for non-members. Come down for socialization and have some coffee and meet some new people. (Not available for the 9th)

### Dinner Church

Sundays at 5PM

Free dinner by The Dinner Church. Small service afterwards.

### Engaging Aging

Sept. 7th at 1PM

Free class. Engaging Aging with Guest Speaker: Janine Hawthorne. Will be both in person and recorded live on Facebook. Come learn about Medicare in an easy to understand way!

### Engaging Aging

Sept. 14th at 1PM

Free class. Engaging Aging with Guest Speaker: Haven in Allyn. Will be both in person and recorded live on Facebook. Come learn about their organization and what these caregivers do and how they can help you.

### Family Bingo All Ages! 3rd Fri. of the month at 6:30 PM

\$1 per game! \$7 to play all 8 games! (game 7 & 8 played on same card) **September's theme is Hippy!** Come in dress to the theme to be entered into our raffle! There will be lots of prizes to win! Concession Stand. Tickets available online at Eventgroove.com (just search google and we're usually one of the first ones listed) and in person at The HUB.

### Gut Health

Sept. 29th at 2PM

Cost: \$3 (\$2 for members) "You are what you eat!" But how does gut health connect to your brain and other functions in the body? Join Lydia as she shares the connection between gut health and your quality of life as you age!

### Foot Care

Once a month by appt only

The HUB does NOT schedule appointments. Please schedule all your appointments online at [www.myfootcarenurse.net](http://www.myfootcarenurse.net) or call Pam Lindgren, RN CFCS 360-286-8403

### Live Music & Dancing Mondays & Tuesdays at 10 AM

Cost: \$1 for members, and \$3 for non-members. Join us these mornings from 10-12PM & dance to the tunes of local musicians. Varieties of bands that play older country music. Monday's featuring old time rock & rock by the Blue Suede Shoes.

### Mahjong

Tuesdays at 1 PM

Every Tuesday from 1pm until 4pm. \$1 for members, \$3 for non-members. All skills levels welcomed! Instructions available.

### Memoir Writing Club

Ages 18+

Mondays at 1 PM

Cost: \$3 for non-members, \$1 for members. This is a writing workshop for people who want to write and tell the different stories and events from their lives. Also, for those just enjoy writing as a hobby! Must bring your own preferred writing tools.

### Meet and Greet

Ages 18+

September 1st at 1PM

Cost: FREE. This is for ladies of all ages who have lost a partner. Can be a recent loss or many years ago. Come meet others who have been where you are and can relate.

### Ningxia Red class

September 8th at 2PM

Cost: \$3 (\$2 for members) Join Lydia as she shares about the Ningxia Wolfberry, and what it can do to feed your cells and support healthy energy, while encouraging sleep and longevity!

### NMCV (NM Community Voice) Ages 15 2nd Thurs. at 6PM

We bring speakers to our meetings to inform and educate our community on issues important to our community. <http://www.nmcommunityvoice.org/>

### OPTH

Ages 12+,

Meeting is 1st Sunday at 1 PM

Cost: OPTH (Olympic Peninsula Treasure Hunters) is a non-profit metal detecting club. For more information email: [hoodcanaldetectoristsclub@gmail.com](mailto:hoodcanaldetectoristsclub@gmail.com)

### P.A.C.K

3rd Wednesdays from 2-4PM

P.A.C.K. aka People for Animal Care & Kindness is a non-profit organization that meets in The HUB Parking lot once a month to hand out pet food and supplies for those who need it.

### Ping Pong

All Ages

Wednesdays at 2:30 PM

Cost: \$1 for members, \$3 for non-members. We have all the equipment needed in our great room. Feel free to pull everything out on Wednesdays that you guys like, but please put it back at the end.

### Paper Crafts

2nd & 4th Thursday 10:30 am

Cost: \$3 (\$2 members) 1st class of the month is an Artist Trading Card Workshop. The 2nd class will vary each class from rolled paper art, paper beads, origami, junk journals, and much more!

### Salad Bar

All Ages

Mondays & Tuesdays at 12 PM

Cost: \$3 for a small and \$5 for a large. Lots of topping choices!

### Wellness Fair

September 24th 9am-12pm

Come join our FREE community event! \*Resources Galore! \*Lots of Raffles! \*Refreshments! \*Giveaways! \*A life alert Drawing! Lots of businesses coming together to share their resources, answer questions, and help how they can with you.

### The Practice

All Ages

Sept. 12th & 19th 3-5 PM

Cost: \$3 (\$1 for 2022 members) Come listen and dance to our new music as we practice and work out the kinks! Vocals and instruments with Rhodene, Linda, Paul, and Jim. Country and Americana.

### \*\*Tai Chi\*\*

Ages 18+

Wednesdays 10:30 AM

Cost: \$3 for members. \$5 for non-members. Beginners through advance participants welcome to this ongoing slow movement practice of this 37 posture form developed by Prof. Cheng Man-Ching promotes relaxation, balance, flexibility, and strength. For more info call Sue at 360.427.2955

### \*\*Zumba Gold\*\*

Ages 2+

Wed @ 8:30 AM

Cost: \$3 per class for members and \$5 for non-members. Pre-paid cards are available at the front desk. Perfect for active older adults who are looking for a modified Zumba class that recreated the original moves at a lower-intensity. Come strong. Class focuses on all elements of fitness: Cardiovascular, muscular conditioning, flexibility, and balance.

hello! AUTUMN

Classes may change on occasion.  
Follow us on Facebook for the latest info.

\*We are available for Rentals!\*